

Hi, I'm Amy, we're back, and today we're going to be talking about what's in your food. We have a lot of different things to look at today. You'll notice a huge rainbow of colors of food. Today we're going to talk about why it's important to eat a variety of different foods from each different food group, and one of the reasons is there is no food on the planet that has all the nutrients that we need in the amounts that we need, so if we don't eat a variety of foods from each food group, your longterm effects are going to be health problems of various kinds and we'll learn more about that as we look into more of these fruits and vegetables here.

So when you're planning your menu, one of the tips that I have for you today is to make sure that you go through each food group and make sure that you have a variety of foods. The handout that you want to refer to is "Making Healthy Food Choices" and one of the first things that is on that handout says focus on fruits and vary your vegetables, and that's what we are going to talk a little bit about today. So basically when you're planning your menu, you just want to make sure you think about the rainbow and all the rainbow of colors and so we have here you know the reds, oranges, yellow, green and a lot of time, the blue and purples kind of get lumped in together because berries are a great source of those. But you also don't want to forget about the whites with the onions and mushrooms, bananas, potatoes and cauliflower. Those also have very strong anticancer properties in them. Now all of these fruits and vegetables that you see here are going to have antioxidants in them and some are pretty strong antioxidants and basically what that means is that those are cancer-fighting properties. Now in addition to that, one of the reasons you want to eat a variety of colors of your fruits and vegetables are they also contain additional sources of not only antioxidants but just also health properties. For example, you know the oranges, you may have heard, eat carrots for your eyes and the carotene in carrots helps your eyes quite a bit and there are also other benefits but the other oranges there, you can see cantaloupe and carrots, oranges, sweet potatoes, so those have their own set of antioxidants and their own set of properties that are going to help eyes and other things. Now like broccoli and cauliflower and your green and your white have very strong anticancer properties, you know but they have different inhibitors of cancer so eating just say broccoli, if that was your only vegetable, is going to help some but if you don't have these other varieties with it, they're not going to work together to help fight cancer in the same way. Your blues and purples you may have heard of can help your brain health and maybe help prevent Alzheimer's. Now you know the berries are a great source with the reds and the dark blues and the dark purples and your cabbage and your grapes.

The other benefit of all these foods is that they are very low in calorie density. So basically, they have a lot of water, a lot of fiber, a lot of vitamins and minerals, which is what we all need but they don't have a lot of you know, fat, extra sugar, just a lot of sources of calories in them. They're pretty low calorie and, like you may have seen on the other videos, you can eat quite a large amount of them for not a lot of calories. You know looking at this plate, there's maybe you know, 150 calories if you ate the whole plate of food. They're just really low in your calorie density. So some other tips that are

on that handout, “Making Healthy Food choices” are to get a lot of calcium rich foods and then to make at least half your grains whole grains and to go with lean protein and then to watch your sugars and fats. And all the rest of those topics, we’re going to talk about in other videos. Today we wanted to focus mostly on the fruits and vegetables in this video and just making sure that everyone understands what a benefit it is to get each of the different colors.

Here we have, you know something we just mixed a few colors together. We have a spinach salad with walnuts and oranges on it. And you know, really feel free as you’re planning your menu to get a different, you know, get a variety of those colors mixed together and the options are endless and we’ll have links to some handouts with even more ideas on the website.

So thanks for joining us today, talking about what’s in your food and making healthy food choices. Your assignment for the week is to complete the worksheet on the website in which you can go through each color group and make a list of what you’re currently eating in those different color groups and then some goals of foods you’d like to add into those groups.